

84th Engineer Battalion completes diverse missions

561st Eng. Co. preps, supports essential port operations with LSVs

Story and Photo by
2ND LT. ROBERT M. LEEDHAM
84th Engineer Battalion Public Affairs,
130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — It's not every day an Army construction engineer maneuvers around passing vessels, with sounds of boat horns and scents of sea air.

However, current operations being conducted by the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, involve just these maneuvers, sounds and scents.

Soldiers of the battalion's 561st Eng. Company are getting a taste of port operations while working with the crew of an Army Logistics Support Vessel, or LSV.

The operation commenced April 5, with the movement of the first LSV convoy from the 84th's motor pool to the loading docks.

Four more convoys will follow during an 11-day period.

Crews took extensive preparatory actions, by preparing and positioning vehicles and equipment in the motor pool and then ensuring a smooth transition to the port.

Upon arrival at the docks, a platoon of the 561st Eng. Co. accepted the vehicles and equipment and, once again, positioned them in a designated area prepared for the vessel's arrival.

While at the port, the 561st provided essential services to the LSV and its crew. Soldiers served as drivers, ground guides and tie-down crews. Soldiers acted under direction of the vessel master, as well as the officer in charge of the operations, 2nd Lt. Charles Payne, Maintenance Platoon leader.

"It's an educational experience for everyone involved. The port operation is a great opportunity to see all of the moving parts of a deployment that



2nd Lt. Charles Payne (right), Maintenance Platoon leader, and Staff Sgt. Shane Henderson, both with 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, inspect the loading of military vehicles and engineer equipment that is en route to PTA via the LSV for the battalion's field training exercise, April 5.

aren't necessarily seen in garrison," Payne said. "There is a lot of coordination that goes into moving such a large amount of equipment — whether that be on ground, through air or over sea — and now we are much more able to perform these duties in future missions."

Prior to the LSV mission, officers and noncommissioned officers received a guided tour of the vessel, a summary of

its capabilities and a small lesson on the unique unit's history. They learned about the living conditions of the crew — all of who live on the boat, 24 hours a day, during much of the year, and who serve in an MOS with only a few hundred Soldiers total.

Port operations are a large part of pre-deployment training taking place at the Pohakuloa Training Area, on the Big Island.

'Warriors' support Border Patrol at U.S.-Mexico border in Arizona

Story and Photos by
1ST LT. RUSSELL MARRON
561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade,
8th Theater Sustainment Command

NOGALES, Ariz. — The war on drugs received critical support as engineers paved the way for greater surveillance and control of the rugged and unruly border region in southern Arizona.

The 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, led recent efforts by constructing a road along a treacherous ridgeline adjacent to the U.S.-Mexico border in the foothills of the Pajarito Mountains, here.

The Pajarito Mountains are one of several mountain ranges along the 262 miles of U.S.-Mexico border in southern Arizona where illegal drugs are smuggled into the U.S.

The 561st Eng. Company, "Warriors," 84th Eng. Bn., recently completed a 45-day mission as the first of three phases to construct a new, all-weather lookout road in the area. The project represents large-scale cooperation between Joint Task Force-North, the U.S. Forestry Service, and the U.S. Customs and Border Patrol.

The all-weather lookout road will allow the U.S. Border Patrol to extend its surveillance and improve its counter-drug and transnational threat operations in the area.

The scope of the project included excavating three massive hilltops and filling two deep saddles over a distance of half a mile — the most challenging road construction project undertaken by any unit assigned to JTF-North, Northern Command, since JTF began providing support to the U.S. Customs and Bor-

"My Soldiers have truly become expert heavy equipment operators capable of building roads anywhere in the world."

Staff Sgt. Sergio Carrasco
3rd Platoon sergeant, 561st Eng. Co., 84th Eng. Bn.,
130th Eng. Bde., 8th TSC

der Patrol in 1989.

"The project was extremely rewarding for my platoon, not only because we are supporting such an extensive cooperation of government agencies in the war against drugs, but also because the project represents the most challenging terrain we have ever worked on," said Staff Sgt. Sergio Carrasco, 3rd Platoon sergeant, 561st Eng. Co. "My Soldiers have truly

See 84th ENG. BN., A-4

Employee excellence honored at 56th Annual FEB awards

FEB Awards recognize best, brightest agencies, personnel in Hawaii

CRISTA MARY MACK
311th Signal Command Public Affairs
WAIKIKI — Federal employees and military personnel convened at the Sheraton Waikiki Hotel for the 56th Annual Excellence in Federal Government Luncheon, here, April 13, where more than 240 people and teams received awards for their outstanding efforts, dedication and contributions to the workforce and community.

The event was hosted by the Honolulu-Pacific Federal Executive Board, or FEB, which acts as a liaison for local federal offices and identifies and advances common issues to ensure efficient and effective use of limited resources.

Twenty different military units and federal offices received the Employer of Choice award.

"The leaders, the managers, the supervisors and the workers ... you are the backbone of this Pacific Federal system," said Gloria Uyehara, executive director, FEB.

City and County of Honolulu Mayor Peter Carlisle and many other distinguished guests attended the awards luncheon, which was emceed by Kim Gennaula of the Aloha United Way and Guy Hagi from local news channel KGMB.

Each employee had been selected by his or her organization, and many acknowledged their award was a team achievement.

"Today we are celebrating the achievements of the important government work that we do," said Brig. Gen. William Scott, commander, 311th Signal Command and USARPAC communications. "Thank you for making that positive difference for your agency, for your staff and for the U.S. government."



Chad Guerrero (on left in left photo) and Bounta Sourivong (on left in right photo) are among awardees from U.S. Army Garrison-Hawaii at the 56th Annual Excellence in Federal Government Luncheon, held at the Sheraton Waikiki Hotel, April 13. Guerrero was recognized as the Clerical Assistant Employee of the Year, and Sourivong was recognized as the Trades and Crafts Employee of the Year.



Courtesy Photos

Patients urged to properly dispose of unused, expired prescriptions

April 28 is Prescription Drug Take Back Day

SGT. VAUGHN R. LARSON
Army News Service
SAN ANTONIO — Army installations across the U.S. are supporting National Prescription Drug Take Back Day, hosted by the Drug Enforcement Administration, April 28.

This turn-in is an opportunity for those who have missed previous events, or who have subsequently accumulated unwanted, unused prescription drugs, to safely dispose of those medications.

According to the DEA, Americans who participated in the DEA's third National Prescription Drug Take-Back Day, Oct. 29, 2011, turned in more than 377,086 pounds of unwanted or expired medications for safe and proper disposal at

5,327 take back sites that were available in all 50 states and U.S. territories.

When the results of the three prior Take Back Days are combined, the DEA, and its state, local and tribal law-enforcement and community partners, have removed 995,185 pounds of medication from circulation in the past 13 months.

"The amount of prescription drugs turned in by the American public during the past three

Take Back Day events speaks volumes about the need to develop a convenient way to rid homes of unwanted or expired prescription drugs," said Michele Leonhart, DEA administrator. "DEA remains hard at work to establish just such a drug disposal process, and will continue to offer take back opportunities until the proper regulations are in place."

See TAKE BACK, A-5

Heroes come home | A-3

JPAC will host an arrival ceremony, 9 a.m., April 27, in Hangar 35, Joint Base Pearl Harbor-Hickam, to honor fallen U.S. personnel whose identities remain unknown.

Flu vaccine | A-4

Excess vaccines are donated to needy in South Pacific.

Medical explorers | B-1

Students learned about MEDEVACs and the communication and teamwork needed to accomplish medical tasks.

Physically fit | B-5

8th STB helps Webling Elementary School students reach their fitness goals.



We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3156, or e-mail editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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105 days since last fatal accident

Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 04/19/12.

TOP COP

Being aware of signs aids in abuse prevention

COL. LA'TONYA D. LYNN

Director, Directorate of Emergency Services, U.S. Army Garrison-Hawaii

Welcome to Top Cop.

The goal of this monthly column is to provide crime data to our military communities through-



Lynn

out U.S. Army Garrison-Hawaii and to increase awareness, which will aid in crime prevention.

The Directorate of Emergency Services, USAG-HI, uses crime statistics to determine patrol distribution and to maintain safety and security within our communities.

April is Child Abuse Prevention Month and USAG-HI is dedicated to ensuring that our children remain safe on our installations. We would like your help to stop abuse, in every form, within our military families.

In 1983, April was proclaimed the first National Child Abuse Prevention Month. As a result, child abuse and neglect awareness activities are promoted across the country during April of each year.

The Office on Child Abuse and Neglect, within the Children's Bureau, coordinates Child Abuse Prevention Month activities at the federal level, providing information and releasing updated national statistics about child abuse and neglect.

Hawaii is one of nine states to issue proclamations to encourage initiatives and events to spread awareness on this issue. USAG-HI has also issued similar proclamations to shed light on this issue within the military community.

Crime Statistics

The Schofield Barracks Provost Marshal Office, or PMO, reported a total of 345 cases for north and south installations in March.

Report any suspicious behavior or witnessed criminal acts to law enforcement personnel at Schofield Barracks at 655-7114 or at Fort Shafter at 438-7114.

Assaults

Those involving alcohol: 9
Service members apprehended: 19
Family members apprehended: 19
Unknown subject: 2

Larcenies

Unsecured/unattended: 40
In housing area: 36
In public area: 33

Traffic accidents

Involving injuries: 5
Damage to property: 37

Driving under the influence

Service members apprehended: 18
Civilians apprehended: 2

Traffic citations

Traffic citations that were issued during this time period in both AORs follow:

Cell phone violations: 18
Speeding violations: 207
Failure to stop as posted: 47
No insurance: 12
Expired safety inspection: 107
No vehicle registration: 4
Failure to register: 4
Driving without a license: 22
Expired registration: 49
Defective equipment: 22
No seatbelt: 5
Suspended drivers license: 15
Failure to use turn signal: 18
Open container: 1
Excessive noise: 2
Expired license: 2
Crossing double yellow line: 1
Impeding traffic: 6
Failure to display front license plate: 1
Following too closely: 3
Abandoned vehicle: 5
Disregarding a traffic control device: 1

Failure to yield right of way at intersection: 3
Prohibited blue lights: 2
Parking violations: 130
Failure to stop at flashing red traffic signal: 9
Failure to display safety sticker: 4
Fraudulent use of license plates: 1
Delinquent vehicle tax: 1
Unsafe movement: 3
Inattention to driving: 2
Driving on wrong side of the road: 1
Driving without headlights: 2
No license plate: 1
No protective equipment while on a motorcycle: 1
Implied consent refusal: 1
Driving wrong way on a one-way street: 3
Failure to yield to pedestrians: 1
Obstructed license plate: 1
Reckless driving: 1
Trespassing: 1
Operating motorcycle in violation of restrictions: 1

DES is committed to putting an end to child abuse and taking the time to thoroughly investigate any claim of child abuse or neglect.

There is no place for child abuse and neglect in our military.

Child abuse takes many forms, from neglect to physical damage, and will not be accepted as a form of discipline. Corporal punishment is allowed in the military to the extent it does not damage the healthy development of a child.

Healthy development means both emotional and physical. We must support the healthy emotional and physical development of our children, but never

discipline them in anger.

The main goal in preventing child abuse is to protect the child and provide help for parents who have abused their child. This help comes in the form of counseling, treatment for substance abuse and classes for stressed new parents who need help with raising their child, as well as parents who need help and education on children with special needs.

According to the State of Hawaii Department of Human Services, the number of child abuse reports that involved Army families in Hawaii in 2012 was 148, and of those, most involved enlisted families. Thirty percent of the reports were phys-

ical abuse claims, while 22 percent were threatened harm. Most of the abuse reports were filed by mandated reporters, which include medical, legal and educational personnel, but a few were the result of anonymous or unknown reporters.

Lastly, a majority of children abused in 2010 were 5 years or younger, with the gender of the child being evenly distributed between male and female.

Everyone must be aware of the signs of abuse to effectively prevent child abuse. If you witness an act of child abuse or have knowledge that it's occurring, report this to your local PMO at Schofield Barracks, 655-7114, or at Fort Shafter, 438-7114.

BACKTObASICS

The need for traditional leadership skills is now

COMMAND SGT. MAJ. MARY BROWN
Headquarters and Headquarters Battalion, U.S. Army-Pacific

Since 9/11, we have focused on producing noncommissioned officers who are skilled warfighters.

However, in producing warfighters, we have lost some of the skills that have, for generations, defined us as NCOs.

The skills I am referring to are not necessarily those involving combat, but those skills that define who we are.

To name a few, they are how to conduct in-ranks inspections and drill and ceremonies, and how to give a formal block of instruction, room inspections, close-order drill and on-the-spot

corrections.

We are lacking in the skills that have been the foundation of our Army since its founding.



Brown

Close-order drill is almost nonexistent in today's Army. Visit any initial entry location and you will not see any troops marching.

Marching, however, is not just to move troops from point A to point B; it is also about leader development. Allowing the NCO to conduct drill and to give orders in a clear, authoritative manner also develops the leader's confidence.

We also no longer make on-the-spot

See BASICS, A-4

Specialist, private sentenced

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

The Office of the Staff Judge Advocate, 8th Theater Sustainment Command, publishes the results of the following recent Courts-Martial.

A specialist from Company A, 307th Expeditionary Signal Battalion, 516th Sig. Bde., 311th Sig. Command, was found guilty of two specifications of Article 89, disrespect to a superior commissioned officer; and one specification of Article 90, willfully disobeying a superior commissioned officer. The specialist was sentenced to be reduced to E-1 and to be confined for 30 days.

A private from Forward Support Co., 84th Engineer Battalion, 130th Eng. Brigade, 8th TSC, pled guilty to one

specification of Article 95, escape from custody; one specification of Article 85, desertion; and one specification of Article 86, absent without leave.

The private was sentenced to be confined for six months and received a bad conduct discharge.

In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, these Soldiers will have a federal conviction that they must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and the right to vote.

FTSTEPS in FAITH

The difference between defeat, victory is the desire to try again

CHAPLAIN (CAPT.) TERRELL L. BYRD
225th Brigade Support Battalion, 2nd Bde. Combat Team, 25th Infantry Division

The proudest moment in the lives of many people today is graduation.

Many feel euphoric during this time. They envision being able to take the world by storm and having their names spoken by millions around the world.

Plans are made and resolutions spoken. There is an immediate commitment to being a success. However, that feeling of empowerment is short lived due to the everyday business of living.

The daily task of work, family and other commitments soon drowns out the mental cheers of the unknown millions with the constant reminders that there are so many things to do. So many people get lost in the band of life, believing, or rather, settling for just making it.

Yet, the words that God spoke to Joshua

present a different picture of life for the young leader, even as God offers a different picture of life for us all. It is quite obvious from Joshua 1:1-9 that life had made a change for young Joshua.

He was charged with leading people somewhere they had never been. To add to the matter, Moses, his longtime leader, had passed, and Joshua finds himself alone with the people.

God speaks to Joshua three times to be strong and very courageous. God reminds Joshua, as he reminds us, that we know that we must work, strive and be determined, but it is the decision to move in that direction that stifles most of us.

God even addresses the issue of why we do not move. In verse 9, God tells Joshua



Byrd

do not be afraid and do not tremble. Most of us find ourselves in a position that precludes movement. We are scared to move because of past failures or even negative talk from others around us. All of this can cause us to tremble — literally to be broken.

We have broken dreams, broken spirits and even broken lives. Yet, God says do not concentrate on that; concentrate on the promises and, with those promises, a direction.

Our direction is to meditate on God and the word of God, day and night. We must never cease at speaking the word of God out of our mouths.

Jeremiah 29:11 tells us that God has planned for our future to be successful. That being the case, then we must let the negative speech of others and ourselves

depart out of our mouths, and replace it with God's will, which is to prosper us. We must constantly speak the words of blessing over our life and look for God's direction to make that happen.

We must recognize that to keep success on our mind, we must keep God as first and pre-eminent, and keep his promises in our mouths. We must make the choice to speak words of life and not death, words of blessing and not cursing.

Even more important than this, we must believe that the God who is able to do everything is able to redeem us from past mistakes.

Remember, God did not promise an easy road; however, God did promise to be with us every step of the way. God's abiding presence will yield success if we trust God and believe that all of the promises that God has made are for us.

Voices of Ohana

April 23-27 is National Volunteer Week.

Why do you volunteer?

Photos by U.S. Army Garrison-Hawaii Public Affairs



"I volunteer because the Army is a way of life for my family, and it's my way of giving back to the community that gives so much to us."

Janell Coker
AFTB, ACS



"It's a great way to keep up your skills and a great way to gather skills for employment."

Yolanda Johnson
Employment Readiness Program, ACS



"Volunteering makes a difference, and it's a great resume builder."

Stacy Timmins
AFAP, Army Volunteer Corps, ACS



"I like to help people and give back to my community."

Jackie Torres
Financial Readiness, ACS



"I like meeting new people and learning new skills."

Beth Watts
Financial Readiness, ACS

Foal Eagle combines ‘Gimlets’, South Korean forces

‘Warrior Brigade’ aids in interoperability

Story and Photo by
MAJ. GABRIEL ZINNI
2nd Brigade Combat Team
Public Affairs,
25th Infantry Division

POCHEON, Korea — Soldiers from the 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Brigade Combat Team, 25th Infantry Division, participated in a combined live-fire training exercise with Republic of Korea, or ROK, soldiers at Rodriguez Multi-Purpose Range Complex, here, April 13, to train not only on their warfighting skills, but also on their ability to execute and accomplish missions as a single, cohesive unit.

The live-fire event, consisting of approximately 50 ROK and U.S. Soldiers, focused on rappelling and attack through firepower, maneuver and constant communication between ROK K1 tanks and U.S. Stryker Mobile Gun System, or MGS, vehicles.

The event was part of an annual training exercise, Foal Eagle, which falls under the U.S. Pacific Command’s Theater Security and Cooperation Program.

Foal Eagle is designed to maintain proficiency in the two armies’ abilities to plan and execute combined defensive missions on the Korean peninsula.

“For us, Foal Eagle has accomplished three things,” said Lt. Col. Tim Hayden, commander, 1st Bn., 21st Inf. Regt., 2nd BCT. “It has validated our ability to deploy anywhere in the Pacific theater. It has increased our ability to plan and effectively execute as a combined team with our ROK partners, and it has strengthened the relationship we maintain with our ROK partners, not only at the strategic level, but down at the individual Soldier level, too.”

Hayden commands one of only 27 Stryker Battalions within the U.S. Army.

“The Stryker is an incredibly agile, flexible and lethal platform for our Soldiers to fight from,” Hayden said. “It complements the ROK army’s vehicles very well, which, in a lot of cases, are similar to ours.”

“What is most unique about this combined training event is that (U.S. and ROK armies) took a U.S. platoon and broke it into a section, and took an ROK platoon and broke it into a section, and placed them under one unified combined commander,” said Maj. Blake Lackey, operations officer, 1st Bn., 21st Inf. Regt., 2nd BCT. “This is the first time we have been able to execute this type of combined training, and it is representative of the professionalism and capabilities of our two organizations.”

Hayden said the majority of 2nd BCT Soldiers have been battle tested



Pfc. Seung Ho Han (second from right), chemical specialist, 1st Bn., 21st Inf. Regt., 2nd BCT, 25th ID, translates a rehearsal discussion between 1st Lt. Eli Gaylor (right), 1st Bn., 21st Inf. Regt., 2nd BCT, and ROK Master Sgt. Jan Sup Kung (center), April 12, in preparation for a combined U.S. and ROK live-fire exercise. The training event was part of Foal Eagle 2012, an annual combined training exercise between the US and ROK armies, which focuses on strengthening partnerships and war-fighting skills.

during recent years and have combat experience in Iraq with Stryker vehicles.

“These combined training events with our ROK army partners have en-

abled us to successfully exercise command and control in restrictive terrain,” he said. “We are training exactly how we would fight here on the Korean peninsula.”

The Gimlets will continue to train with ROK army units through the month of April before returning to their home station at Schofield Barracks, Hawaii.

C-IED experts prep peacekeepers during Angkor Sentinel

Story and Photo by
RUSSELL SHIMOOKA
Asia-Pacific Counter-Improvised Explosive Device
Fusion Center Public Affairs

KAMPONG SPEU PROVINCE, Cambodia — Trainers from the Fort Shafter, Hawaii, based Asia-Pacific Counter-Improvised Explosive Device Fusion Center recently helped prepare Cambodian peacekeepers for future U.N. humanitarian missions.

The engagement in late March was part of Angkor Sentinel, an annual exercise between U.S. Army-Pacific and the Royal Cambodia armed forces.

The bilateral exchange, now in its third year, promotes cooperation, stability and capacity building between the two nations.

Master Sgt. Brandon Jackson, team leader for the Center, said his group trained more than 200 Cambodians in C-IED awareness, mounted and dismounted tactics, and search procedures.

He said some of those instructed will likely be deployed for a U.N. peacekeeping operation.

“We gave them a base knowledge of what to look for, and what to do if there is ever a threat,” Jackson said.

Maj. Gen. William Beard, deputy commander, Army Reserves, USARPAC, visited the training and spoke of the Center’s importance and what it means to partner nations.

“(IEDs) are the chosen weapon for terrorists and violent extremist organizations, and we’re doing something here to combat the threat,” Beard said. “Our loyal partners (Cambodian armed forces) are serving as peacekeepers in



Cambodian army peacekeepers practice their reaction to an IED while on dismounted patrol drills during Angkor Sentinel, recently, in the Kampong Speu province, Cambodia.

some dangerous places, and the training that took place during this part of Angkor Sentinel will one day pay dividends. I’m sure of that.”

According to U.N. statistics, Cambodian peacekeepers have provided humanitarian support in Central African Republic, Chad and Haiti. They are currently in Lebanon and Sudan.

Cambodian Col. Chuon Savy said the new peacekeepers can expect dangerous conditions

in the sand-covered country.

“Before any road can be paved, any bridge can be built or any building erected, you have to clear mines that litter the land from years of civil war,” Savy said, who wrote the standard operating procedures for the U.N. mine-clearing mission. “Six years ago, our mine detectors couldn’t detect the metal in the small anti-personnel mines, and so our soldiers had to clear by hand,

sometimes moving only three meters a day.”

According to the Center’s lesson plan for Angkor Sentinel, C-IED instruction involved classroom work, in which some of the material was printed in Khmer, the Cambodian language.

The instruction then moved outdoors, in the 95-plus degree heat, for much of the practical application phase.

This instruction involved riding in trucks as part of a convoy and moving on foot patrol, said Jackson.

“Our plan was to implement a ‘train the trainer’ course that builds C-IED capacity within their own country. We gave them the basic tools and then let them do it on their own. I must say they did a great job,” said Anthony Perez, trainer.

Perez went on to say that once he and his team had trained a cadre of teachers, the Cambodians took over much of the instruction. By the last few days of the exercise, it was pretty much Cambodian-led, Perez said.

“That is what we hope to achieve in all of our partner-nation exchanges, the ability to go in, get their trainers up to speed, and then sit back and watch them do it,” Perez added.

The Asia-Pacific C-IED Fusion Center uses the latest intelligence and threat reporting to provide theater-specific, customized, C-IED training and solutions to U.S. assets and partner nations.

In 2011, the Center trained more than 7,000 American forces and conducted exchanges with more than 700 allied and partner-nation person.

JPAC to host arrival ceremony April 27

MIA’s from World War II, Vietnam War to receive full military honors

JOINT POW/MIA ACCOUNTING COMMAND
Public Affairs Office

JOINT BASE PEARL HARBOR-HICKAM — The U.S. Joint POW/MIA Accounting Command, or JPAC, will host an Arrival Ceremony, here, 9 a.m., April 27, in Hangar 35, to honor fallen U.S. personnel whose identities remain unknown.

An honor detail comprised of joint military members will escort four flag-draped transfer cases from a U.S. military plane to JPAC’s Central Identification Laboratory for analysis.

The remains receiving full military honors will represent losses associated with World War II and the Vietnam War.

The first transfer case represents individuals unaccounted-for from World War II; re-

mains were recovered from Papua New Guinea.

The final three transfer cases were recovered from Vietnam, Laos and Cambodia and represent Vietnam War losses.

Once the transfer cases arrive at JPAC’s laboratory, the process of forensically identifying the individuals will begin. If and when identifications are established, the names will be announced following next of kin notification.

Falling directly under the U.S. Pacific Command and employed by more than 400 joint military and civilian personnel, JPAC continues its search for the more than 83,000 Americans still missing from past conflicts.

The ultimate goal of the Joint POW/MIA Accounting Command, and of the agencies involved in returning America’s heroes home, is to conduct global search, recovery and laboratory operations to support the Department of Defense’s personnel accounting efforts.

Thrift savings to offer new Roth option

KAREN PARRISH
Army News Service

WASHINGTON — Service members and Defense Department civilian employees who are eligible for the thrift savings plan, or TSP, will soon have a new Roth option for retirement savings under the program, defense finance officials announced, April 13.

The change will allow participants to contribute after-tax dollars to the federal government-sponsored retirement savings and investment plan, according to a Defense Finance and Accounting Service statement released, April 13.

As with traditional and Roth individual retirement accounts, the TSP’s two options will now allow plan participants to invest either before- or after-tax dollars, although limits on annual contributions, catch-up contributions and agency matching funds will remain the same, officials said.

The plan, which is similar to a 401(k), is open to federal civilian employees and military members. For 2012, the maximum contribution is set at \$17,000. Catch-up contributions, available to participants 50 or older, are capped at \$5,500 more than the standard limit.

Only civilian employees are eligible for agency matching contributions. All eligible civilian employees receive one percent in agency matching funds.

Eligible plan participants receive a dollar-for-dollar agency matching contribution for the first three percent of pay they contribute, and 50 cents on the dollar for contributions of between three and five percent. Contributions above 5 percent of pay are not matched.

The current plan treats all contributions as pre-tax dollars. Participants do not pay taxes on pay they put into the plan, but will pay deferred taxes when they receive those funds in retirement.

The new Roth option will allow contributions that are taxed in the year they are made, but will be tax-free in retirement, TSP officials said.

Greg Long, TSP executive director, urged in a letter to participants that they carefully consider whether Roth TSP would be to their advantage.

“As with all tax matters, you should seek the advice of a qualified tax or financial advisor for information pertaining to your specific tax situation,” Long wrote.

He added the plan’s website will soon offer a Roth calculator, and other website content (including forms and publications) will be updated in May to include information about the Roth feature.

Defense finance officials said the Roth option will be available on a



phased basis by military service from June to October.

Officials said the schedule will allow service finance employees to complete and thoroughly test the complex changes needed to the various payroll systems.

Defense finance officials said more specific deployment dates on Roth TSP elections will soon be available at www.dfas.mil.

Officials said service members and their families may contact Military OneSource at (800) 342-9647 to schedule an appointment with a financial consultant.

JTF-HD provides flu vaccine to Pacific partners

JOINT TASK FORCE-HOMELAND DEFENSE
Public Affairs Office

FORT SHAFTER — The Department of Defense is donating more than 10,000 doses of excess influenza vaccine to its Pacific island partners through the U.S./Pacific Islands Vaccine Program.

In the U.S. alone, seasonal influenza kills approximately 36,000 people each year; the victims are primarily infants and the elderly.

The vaccination is mandatory for active duty and recommended to all DOD beneficiaries who can receive it.

Invariably, despite efforts to have everyone vaccinated, DOD ends up with excess vaccine that is destroyed at the end of the influenza season, or when the vaccine expires.

Joint Task Force-Homeland Defense, or JTF-HD, recognized the need in the US/PI for influenza vaccine and noted the excess influenza vaccine available through DOD. JTF-HD began the US/PI Vaccine Program during the 2006-2007 flu season in the U.S. Commonwealth of the Northern Marianas Islands.

“The US/PI Vaccine Program is a collaborative effort between DOD, U.S. Coast Guard, Pacific Island(s) public health communities and the private sector airline industry,” said Michelle Garcia, interagency coordinator, JTF-HD. “Without them, this important program would not be possible.”

JTF-HD works with local jurisdictions to identify the requirement and coordinate the vaccine delivery. The

U.S. Army Medical Material Agency obtains the excess DOD vaccine nationwide before it is shipped to the Military Vaccine Agency and packaged by the Division of Logistics at Tripler Army Medical Center.

Forts Campbell, Benning, Gordon, Carson, Bragg and the Naval Academy participated this year by donating more than 10,000 doses of influenza vaccine.

The Defense Logistics Agency donated temperature gauges to help ensure the vaccine is kept at an appropriate temperature throughout the journey. These items are valued at more than \$5,000. This year’s shipments total \$86,000 and are being delivered to American Samoa by Hawaiian Airlines and to Guam, Saipan, Kosrae and Majuro by the U.S. Coast Guard.

“This is always a great experience for me,” said George Kaanana, cargo sales manager, Hawaiian Airlines. “The good folks at (U.S. Army Medical Command) and JTF-HD recognize the need is always there, and they act upon it. I’m very proud to work with these people.”

Receiving a flu shot protects not only the recipient, but also all those people who work closely or live with the vaccine recipient, extending the benefit of the vaccines beyond the actual number of doses shipped.

“This program enables Pacific Islanders to be immunized against influenza, which is a year-round disease in the tropics,” said Daniel Copp, medical planner, JTF-HD.

Deliveries began March 13 and will continue through April to various locations. Hawaiian Airlines has and con-



Darrell D. Ames | Joint Task Force-Homeland Defense Public Affairs

Spc. Brandon Crow and Pfc. Jacob Venechuk, both with TAMC, load boxes of vaccine into a U.S. Coast Guard aircraft bound for Guam. The vaccine delivery, a joint venture featuring JTF-HD, TAMC, MEDCOM, Hawaiian Airlines and the U.S. Coast Guard, is part of a program referred to as the US/PI Vaccine Program. Thousands of dollars worth of excess vaccines are distributed each year to needy children and others in the JTF-HD Joint Operations Area.

tinues to provide the transportation at no cost.

“It gives us a great feeling, and it’s an honor to be involved with this great opportunity,” Kaanana said.

Headquartered here, JTF-HD main-

tains situational awareness of all domains within the joint operations area. It executes mission command of assigned forces in its land domain to conduct Homeland Defense operations that deter and defeat threats to critical

infrastructure and key resources.

When requested or validated, JTF-HD also conducts civil support operations in response to hazards to mitigate human suffering and reduce infrastructure damage.

Task force to help Army reach 2025 energy initiatives goals

THE ENERGY INITIATIVES TASK FORCE
Public Affairs Office

WASHINGTON — The U.S. Army has a goal to meet of 25-percent renewable energy by 2025.

To accomplish this objective, the service must use every opportunity to be energy efficient and draw power from alternative and/or renewable energy sources.

The scale of renewable energy production the Army needs to provide enhanced energy security is estimated to be around 2.1 million or mega

watt hours of power, annually.

To help meet this goal, the Secretary of the Army announced the creation of the Energy Initiatives Task Force, or EITF, at the GovEnergy Conference in Cincinnati, Ohio, in 2011.

The EITF was established to serve as the central managing office for the development of cost-effective large-scale (10 mega watts or greater) renewable energy projects on Army installations.

Part of the Office of the Assistant Secretary of the Army for Installa-

tions, Energy and Environment, the EITF is integral to the Army addressing rising energy security challenges, escalating fuel prices and stricter federal mandates.

The military makes-up 80 percent of the federal government’s energy consumption, with the Army using more than 20 percent of this total.

The Army is the largest facility energy consumer in the federal government; in fiscal year 2010 alone, the Army spent \$1.2 billion on facility energy; and it spends nearly \$4 billion dollars, a year, on all energy

costs.

Because the Army represents such a large portion of the federal government’s energy usage, when the Army fails to meet its energy objectives, it causes the entire federal government to miss its goals.

The EITF is helping the Army build energy resilience through the production of renewable energy.

It is dedicated to streamlining existing business processes while leveraging private sector financing.

This method will facilitate developer investment in and construction

of an economically viable, large-scale renewable energy infrastructure.

Through the EITF, the Army is conducting outreach activities to attract and engage industry, so it can foster strategic collaborations that support Army installation’s energy needs.

The Army’s end state objectives for the EITF are to improve energy security, enhance energy security and ensure compliance with presidential mandates for energy consumption.

84th Eng. Bn.: Company builds a road to aid U.S. Border Control in drug war

CONTINUED FROM A-1

become expert heavy equipment operators capable of building roads anywhere in the world.”

As a construction-effects battalion, the 84th Eng. Bn. delivers a wide range of capabilities, from undertaking various construction projects to supporting humanitarian assistance or combat operations overseas.

The project represents the third cooperation between the 561st Eng. Co. and JTF-North, Northern Command, in support of the U.S. Customs and Border Patrol’s

counterdrug and transnational threat operations to reduce the availability of illegal drugs in the U.S.

For its efforts, 3rd Platoon was awarded a prestigious safety award for completing its 45-day mission without any injuries to personnel or damage to equipment resulting from an unsafe act.

The safety award, presented by JTF-North, is the first safety award to ever be received by any unit assigned to the 130th Eng. Bde.

The battalion will continue its construction projects, both on and off island, in the future. The 3rd Platoon will begin its next project



Soldiers with 3rd Platoon, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, excavate a hilltop along the proposed roadway in the Pajarito Mountains, west of Nogales, Ariz.



Soldiers with 3rd Platoon, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, gather for a photo after building a road in support of the U.S. Border Patrol along the Mexico-U.S. border in southern Arizona.

shortly after returning to Hawaii. Its engineers will build a new, 15.8-acre engineer training area on Schofield Barracks — which will be the largest en-

gineer training area on the island of Oahu and the first additional training location built for Army engineers in more than two years.

Basics: Leadership styles, mentality must transition with Army OPTEMPO

CONTINUED FROM A-2

corrections. Why is that? Is it because NCOs don’t know what right looks like?

Prior to 9/11, there was a bond between NCOs and their Soldiers. The NCOs felt a sense of responsibility for Soldiers, something like parents feel for their child. However, somewhere during the last decade, that mentality has shifted. It seems as if a leader’s responsibilities are different during war than at peacetime.

“We are lacking in the skills that have been the foundation of our Army since its founding.”

Command Sgt. Maj. Mary Brown
Senior enlisted leader, HHBN, USARPAC

How do we fix this? To fix anything, you must first recognize the problem. I would like to offer some suggestions. These lessons are strictly from Brown 101.

- Conduct an in-depth study of our institutional training. Where and at what level can we re-establish traditional leadership skills? Is basic training providing the “basic” foundation that the Soldiers need? Is the Warrior Leadership Course providing the leadership skills needed to develop NCOs into good leaders?

- Re-energize NCO development programs and make attendance mandatory.

- Develop an effective NCO mentorship program.

- Create opportunities for hip-pocket training to reinforce back to basics.

We did not get to this point overnight, and we won’t fix it overnight. Back to basics, though, is a step in the right direction.

We have a responsibility to strengthen the foundation of the greatest Army in the world.

Secure messaging connects patients, health care team 24/7

PACIFIC REGIONAL MEDICAL COMMAND
Public Affairs Office

HONOLULU — Patients at Pacific Regional Medical Command Primary Care clinics have a new way to keep in touch with their health care team.

Long gone are the days where someone had to wait on hold to talk to a health care professional or schedule an appointment to ask his or her doctor a question.

U.S. Army Medical Command’s Secure Messaging System, powered by RelayHealth, brings health care team to beneficiaries, wherever they are, any time of day, allowing the patients to safely send a message to their doctors or nurses from the comfort and privacy of home.

With RelayHealth, patients can contact their primary care clinic to request prescription renewals, receive test and laboratory results, request appointments and referrals, get guidance from their medical team by email, consult with their medical team regarding non-urgent health matters, avoid unnecessary office visits and telephone calls, and access valuable health information online.

“Our patients feel they have an increased level of access to (doctors and nurses),” explained Dr. John Marshall, Internal Medicine Clinic, Tripler Army Medical Center. “They don’t have to wait for a certain clinic or office to open in order to call, or wait on hold when they do call. They can send us a message in the middle of the night.”

The new system isn’t only benefiting patients. RelayHealth makes communication more efficient for doctors and nurses.

“What I find most beneficial about (RelayHealth) is that I don’t have to play phone tag

with patients,” Marshall said. “Sometimes, I just want to tell a patient what their lab results were, but I won’t want to leave a voicemail. This way I can take the time to send one message, and I know the patient will get it.

“Our nurses spent a considerable amount of time on the phone each day, answering patients’ questions,” Marshall continued. “In theory, if a patient is using RelayHealth to send in their questions or request a referral or appointment, they’re not calling in, and the nurses can then spend that time with a patient.”

RelayHealth is a completely secure portal that is compliant with the Federal Health Insurance Portability and Accountability Act, or HIPAA.

Encryption technology and a stringent privacy policy protect personal information more securely than either the telephone or regular email.

Information is only accessible by the beneficiaries and their health care teams.

The Army began implementing RelayHealth in its medical treatment facilities across the globe in 2011, and currently, every region has at least one clinic already using the system.

RelayHealth is already in place at several PRMC primary care clinics to include the Internal Medicine and the Warrior Ohana Medical Home in Kalaeloa.

Tripler’s Family Medicine clinic has started

RelayHealth

Talk to your primary care doctor or nursing staff to find out when RelayHealth will be available at your clinic, or to sign up today.



Stephanie Rush | Pacific Regional Medical Command Public Affairs

Dr. John Marshall, Internal Medicine Clinic, TAMC, uses MEDCOM’s RelayHealth system to communicate securely with patients at any time of the day.

the rollout with a few providers. The Pediatric clinics and the U.S. Army Health Clinic-Schofield Barracks’ Aviation Medicine, Family Practice, Pediatric and Troop Medical clinics are expected to complete the roll out of the system by early August.

In just a few short months, every Army primary care clinic in the Pacific will have Relay-

Health fully implemented.

The Brian Allgood Army Community Hospital, Seoul, Korea; as well as Korea’s U.S. Army Health clinics at camps Casey, Humphreys and Walker, and USAHC-Yongsan, along with Japan’s Brig. Gen. Crawford Sams, USAHC, are scheduled to begin implementing RelayHealth in the near future.

Take Back: FDA outlines safe disposal methods for prescription medications

CONTINUED FROM A-1

For exact turn-in times, locations and details, visit www.dea.gov and click on the “Got Drugs?” banner on top of the home page. The banner directs beneficiaries to a database where they can find convenient collection locations in their zip code area, county, city or state.

For those unable to make it to a collection location, unused or expired medicines can be disposed of safely in the household trash by these methods:

- Mix them with something that will hide the

medicine or make it unappealing, such as kitty litter or used coffee grounds.

- Place the mixture in a container, such as a sealed plastic bag.
- Throw the container in your household trash.

The FDA recommends flushing as a means of disposal for only a limited number of medications, including Oxycontin, Demerol and Percocet, to prevent danger to people and pets in the home.

Flushing these medicines will get rid of them right away and help keep your family and pets safe.

Hawaii Drop-Off Locations

Turn in unused or expired medication for safe, anonymous disposal on National Take Back Initiative Day, April 28.

The military community (Soldiers, family members and civilians) can dispose of unwanted and unused prescription drugs at three locations, from 10 a.m. to 2 p.m.:

- Exchange (inside, near the flower shop), Schofield Barracks;
- Marine Corps Exchange (front), Kaneohe Bay;
- Joint Base Pearl Harbor-Hickam Exchange.

The off-post population may participate in National Prescription Take Back Day at four locations on Oahu, also from 10 a.m.-2 p.m.:

- Mililani Town Center (middle of Center), 95-1249 Meheula Pkwy.;
- Hawaii State Capitol, 415 S. Beretania St., Honolulu;
- Kapolei Police Station (parking lot), 1100 Kamokila Blvd.; and
- Windward Mall (center court area), 46-056 Kamehameha Hwy, Kaneohe.

Call 541-1930 or visit www.dea.gov.

SIGNAL CORPS TOWN HALL



Crista Mary Mack | 311th Signal Command Public Affairs

SCHOFIELD BARRACKS — Command Sgt. Maj. Ronald Pflieger (left), Signal Corps regimental sergeant major, held a noncommissioned officer town hall for Signal Soldiers, in the Main Post Chapel, here, April 11. Pflieger discussed the many changes to the Signal Corps, particularly downsizing from 13 occupational specialties to seven, before opening the floor for a question-and-answer session.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today

Voting Assistance — Visit the Federal Voting Assistance Program website at www.FVAP.gov for help with absentee voting. You can also call the FVAP at (703) 588-1584 or (800) 438-VOTE (8683); or email vote@fvap.gov. Voting materials are available at U.S. Army Garrison-Hawaii Records Holding Area/Forms Center, Building 6042, 1976 Higgins Rd., East Range, Schofield Barracks, 9 a.m.-2 p.m., Tuesday and Thursday. Call 656-0334.

26 / Thursday

TARP Training — The Threat

Awareness and Reporting Program, or TARP training, is held every Thursday at 9 a.m. Training sessions in April follow:

- April 26, Main Auditorium, Camp Smith. Call 655-1306/9501.

28 / Saturday

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- Windward Mall (center court area), 46-056 Kamehameha Hwy, Kaneohe.

Call 541-1930 or visit www.dea.gov.

May

19 / Saturday

Living History Day — The U.S. Army Museum of Hawaii, Fort DeRussy, Waikiki, will commemorate Armed Forces Day, 10 a.m.-3 p.m., May 19.

Events include military memorabilia; re-enactors in period uniforms from the Civil War, the Spanish-American War and Vietnam; and hands-on displays of military artifacts. Call 438-2822.

Gen. Dempsey says TAPS represents best of USA

JIM GARAMONE
American Forces Press Service
WASHINGTON — The Tragedy Assistance Program for Survivors, or TAPS, signifies all that is good about America, said Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, Wednesday.

Dempsey said TAPS allows Americans to show their love and appreciation for the sacrifices military families make.

“We try, but we find ourselves inadequate to thank you for what you do,” Dempsey said to a black-tie audience at the nonprofit organization’s annual gala, here.

Bonnie Carroll founded the organization in 1994 after her Soldier-husband and seven others were killed in a plane crash in Alaska. TAPS provides short- and long-term assistance to the families of military members who die.

The group looks to aid grieving family members and holds “Good Grief” camps at many installations.

The organization stresses long-term, peer-based support. It also helps with crisis response and intervention, casualty casework assistance, and grief and trauma resources and information.

“This is an organization of a bunch of ordinary Americans and patriots, but they are extraordinary people,” Dempsey said. “It’s about living up to the bond of trust that we all feel — and we should feel it, not just talk about it.”

Survivor Services in Hawaii

Survivor Outreach Services is an Army program developed to better serve the surviving families of the fallen by keeping them connected to the Army for as long as they desire.

SOS provides long-term support, resources and emotional connections. It’s available to all survivors, survivors being the spouses, children, parents, siblings and friends grieving the loss of a Soldier, regardless of how he or she died.

SOS coordinates with military, nongovernmental organizations and the local community to create a support network. All Army component survivors are eligible under the SOS program.For more information on the types of services available to survivors in Hawaii, call Lis Olsen, Army Community Service Outreach director, at 438-9285 or email elisabeth.k.olsen.civ@mail.mil.



Vanessa Lynch | Honolulu Star-Advertiser

Photos and stories of fallen Hawaii-based Soldiers flank a wall in the Ohana Room, the main entrance of the SOS Center, located at the Fort Shafter Aloha Center.

Medical Explorers learn communication, teamwork

STEPHANIE BRYANT

Tripler Army Medical Center
Public Affairs

SCHOFIELD BARRACKS — Tripler Army Medical Center’s Medical Explorer Post 1948 had its first off-site at a litter, or stretcher, obstacle course, here, April 7.

The post, which was officially established at TAMC in January, is designed to help students in grades nine-12 explore medical career paths and options.

“We just want (the students) to have fun and experience what it would be like to go through an obstacle course and put this experience in, what we call, a toolkit,” explained Lt. Col. Lozay Foots, director, Medicine Nursing Services, TAMC, and principal advisor for Post 1948.

The students learned about patient movement, or medical evacuations, and the communication and teamwork needed to accomplish medical tasks.

“As Soldiers, we always talk about the battlefield, but (it doesn’t make a difference if you are military or civilian), in any type of disaster or emergency situation, (medical professionals) are going to be using litters,” said Lt. Col. Todd Briere, chief, Patient Administration Division, and Medical Explorers advisor.

Foots, Briere and other advisors showed the Medical Explorers how to secure a patient in a litter and how to properly use a four-person litter team to move a patient on the ground.

The most important task the four-person team must accomplish is communicating with each other.

“(The explorers) had to learn how to take direction from the lead person on the litter,” Foots said. “Everyone on a team needs to work efficiently together, and the most important thing is that the four-person team communicates, whether they are going up a hill, over an obstacle, down a trench or crawling ... you have to talk.”

Nicole Fernandez, a 15-year old sophomore from Radford High School, wants to be a veterinarian. She’s thankful her friend told her



Photos by Jan Clark | Pacific Regional Medical Command
Public Affairs

Kellie Fuchigami (left), Moanalua High School, and

Jaimevel Dahilog (right), Radford High School, attempt to maneuver a litter, or stretcher, under an obstacle during an off-site with TAMC’s Medical Explorer Post 1948 at Schofield Barracks, April 7.

The post was created when TAMC partnered with the Boy Scouts of America, using a Learning for Life Health Career Exploring program, to bring real-world medical and health career experiences to young adults.

about the Medical Explorers.

“(The post) gives us a whole bunch of opportunities and learning experiences that we might never encounter on our own,” Fernandez said. “(The advisors) help expose us to things (and experiences) we might encounter (in the future).”

Jaime Veldahilog, a 17-year-old home-schooled student, agrees that the skills the Medical Explorers are learning will be beneficial in the future.

“(The obstacle course) activity focused on teamwork,” Veldahilog said. “You can’t do any job without teamwork, and that is what everything in Medical Explorers helps prepare (us) for.”

The post benefits more than just the students, however. Sgt. 1st Class Avery Fergerstrom, patient administration specialist, Patient Administration Division, volunteers because he wants to motivate younger gener-

ations to find the career path that is best for them.

“Not only do I get to motivate some young adults and help define (possible) career paths in their future, but we get to have fun, and I was able to teach them about leadership and teamwork,” Fergerstrom said. “It is also nice to let the students see a little bit about what the military does when we are not at war.”

Medical Explorers

The group is open to high school students interested in a career in the medical field.

The TAMC Medical Explorer Post meets the second and fourth Saturday of each month at 10 a.m., in TAMC’s Kyser Auditorium.

The application fee is \$10. For more details, call 433-5122.



Kellie Fuchigami (left), Moanalua High School, and Angel Ware (right), Radford High School, experience how difficult it can be to move an “injured” patient, as they work together to pull a mannequin.



Nicole Fernandez (front left), Radford High School; Heather Briere (front right), Kalaheo High School; Sheryll Baliscao (back left), Moanalua High School; and Mamiana Moore (back right), MHS, work together to pull an “injured” patient through a litter obstacle course.



Eleven students from area high schools learn about teamwork, patient movement and evacuation during the off-site.



Heather Briere (left), Kalaheo High School, walks across a balance beam as she completes a litter obstacle course, while Master Sgt. Dawn Alvarado (center), Medical Explorer advisor, Department of Medicine, TAMC, guides.



Today

Friday Night Entertainment Series — See new acts, each and every week, at 8 p.m., at KoleKole Bar and Grill. Pau hana specials run before the show. Call 655-4466.

- 1st Friday is Comedy Night (for mature audiences only).
- 2nd Friday is live bands.
- 3rd Friday is Colby Benson Band.
- 4th Friday is Taking Care of Business Band.

21 / Saturday

Shoreline Fishing — Enjoy the beautiful coastline, 2-11 p.m., April 21, with Outdoor Recreation. Cost is \$30. For more details or to register, call 655-0143.

Saturday Night Strikes — Enjoy Cosmic Bowling every third Saturday night of the month at Fort Shafter Bowling Center, while listening to DJ Bennie James. Call 438-6733.

24 / Tuesday

Financial Readiness Program — A financial counselor will be available at the Fort Shafter ACS Office, Room 111, every Tuesday until further notice. Make an appointment by calling 438-9285.

25 / Wednesday

Administrative Professionals Day — Reward yourself or the administrative professionals around you with a special luncheon at the Hale Ikena, Fort Shafter, or the Nehelani, Schofield Barracks. Reservations are recommended. Call 438-1974 for the Hale Ikena or 655-4466 for the Nehelani.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to attend Better Opportunities for Single Soldiers, or BOSS, meetings. Call 655-1130.

The next meeting is in the south community, 10 a.m., April 25, at AMR Chapel (every second and fourth Wednesday).

Teen Wednesdays — From 2-4 p.m., at the Wheeler Bowling Center, teens, ages 13-19, can enjoy cosmic bowling for \$2. Get free shoe rental with a two-game minimum. Call 656-1745.

26 / Thursday

Moms and Tots — Parents and keiki can work on a creative project

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Hawaii Army Weekly Website — The website was infected recently with malware, but has been fixed. It is still temporarily unavailable on government networks.

- If you accessed the website with your personal computer over a commercial Internet connection, please have your computer scanned.
- If you accessed the website with a government laptop, without a virtual private network, or VPN, connection, please notify your unit Installation Management Officer or Information Assurance Security Officer to initiate a scan of your government laptop.
- If you accessed the website with a government laptop or computer over commercial Internet using a VPN connection, or from the Pacific LandWarNet Non-Secure Internet Protocol Router Network, no action is required.

21 / Saturday

Twilight Jazz — Enjoy live jazz underneath the stars in the Royal



Photo Courtesy of the Directorate of Family and Morale, Welfare and Recreation

Ginny Wescott (back row), with the Family Advocacy Program; Army Community Service; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii; celebrates with winners of the Army's Child Abuse Prevention Month Poster Contest. Pictured, from left to right, are Devean Batres (Helemano Elementary), 1st-3rd grade winner; Hailey Kahler (Helemano Elementary), overall winner; Kelani Stewart (Helemano Elementary), kindergarten winner; and Emily Cox (Fort Shafter Elementary School), 3rd-4th grade winner.

Teddy Bear Round Up targets abuse

GINNY WESCOTT

Army Community Service; Directorate of Family and Morale, Welfare and Recreation

AEIA — Teddy bears were all the rage at Pearlridge Mall, here, Saturday.

Prevent Child Abuse Hawaii, in conjunction with other organizations, including Army Community Service, collected more than 6,000 teddy bears for the 15th Annual Teddy Bear Round Up and Family Resource Fair, held in support of Child Abuse Prevention Month, or CAPM.

The event's mission was to collect new and gently used teddy bears and stuffed animals to donate to keiki.

During the event, winners of U.S. Army Garrison-Hawaii's 2012 annual CAPM poster contest were recognized on stage during the fair. Hailey Kahler, a kindergartener at Helemano Elementary School, took top honors.

(Editor's Note: Wescott is the prevention and education team leader at Army Community Service's Family Advocacy Program.)

together, 10-11 a.m., April 26, at the Schofield Barracks Arts and Crafts Center. Cost is \$4. Call 655-4202 to register.

27 / Friday

Hawaiian Luau — Enjoy the all-you-can-eat luau buffet every last Friday of the month at the Kolekole Bar and Grill, Schofield Barracks, and at the Hale Ikena, Fort Shafter, for \$12.95. Doors open at 5 p.m.; show starts at 6:30 p.m. Call 655-0660 for the Kolekole Bar and Grill, and 438-1974 for the Hale Ikena.

28 / Saturday

Adult Book Club — Join the lively discussion of "State of Wonder"

by Ann Patchett at the next Fort Shafter Library book club meeting, 3:30-5 p.m., April 28.

May

1 / Tuesday

PT at Richardson Pool — This pool will reopen May 1. Active duty Army units can reserve the pool or portions from 6-9 a.m. for unit physical training only.

Units must provide Red Cross-certified lifeguards based on the type of training and the number of Soldiers attending.

Reservation forms must be completed and submitted to Richardson

Ending Child Abuse

USAG-HI leadership and ACS are working to eliminate child abuse in the military community.

Call a victim advocate to report abuse at 624-SAFE, or 624-7233.

To schedule parenting, stress relief and/or couples communication classes, call the Family Advocacy Program's Prevention and Education Team at 655-0669.

Pool for approval no less than two weeks before the training date.

The pool is not available for use on the first Tuesday of the month. Call 655-9698/1128 or email babette.b.hendry.naf@mail.mil.

TAMC Pool Swim Classes

Next scheduled registration, until filled, for "Learn to Swim" is May 1-5 at the TAMC Pool.

Visit himwr.com.

5 / Saturday

Ladies Golf Clinic — Leilehua Golf Course holds a free ladies golf clinic, 1:30-3 p.m., every first Saturday of the month. Call 655-4653.

Ongoing

Food for Families — The Armed Services YMCA at WAAF has an emergency food locker that assists military families experiencing financial difficulty. Available are supplies of canned goods, frozen food, dry goods and personal care items. Donations are always accepted. Call 624-5645.

Hui Thrift Shop — The Hui Thrift Shop at Schofield Barracks offers great bargains and a chance to volunteer.

Located at 2107 Ulrich Way, behind Army Community Service, the shop is open 9 a.m.-1 p.m., Tuesdays and Thursdays, and the first and third Saturday of the month.

Consignment hours are 9-11 a.m. Call 624-3254 or email huihithriftshopliaison@gmail.com. Visit www.schofieldspousesclub.com or search for "hui-thrift-shop" on Facebook.

Veterinary Treatment Facility — The Schofield Barracks Veterinary Treatment Facility sees patients five days a week, with extended hours every third Wednesday of the month until 7 p.m.

Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Monday, 6 p.m. at PH (Bible Study)
- Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at FD, MPC and TAMC chapels
 - 9 a.m. at WAAF chapel, Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR

Single Soldiers' Bible Study

- Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service

- Sunday, 6 p.m. at SC.

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



John Carter

(PG-13)
Fri., April 20, 7 p.m.
Thurs., April 26, 7 p.m.

Dr. Suess' The Lorax

(PG)
Sat., April 21, 4 p.m.
Sun., April 22, 2 p.m.

Project X

(R)
Sat., April 21, 7 p.m.

Silent House

(R)
Wed., April 25, 7 p.m.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan

AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and Recreation
FRG: family readiness group
HMR: Helemano Military Reservation

IPC: Island Palm Communities
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
WAAF: Wheeler Army Airfield

Recruits sought for Kaena clean up

AMY BUGALA
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Soldiers and Department of the Army civilians are invited to help restore one of Oahu's most beautiful treasures during a joint Earth Day activity at Kaena Point State Park Reserve, April 28.

U.S. Army Garrison-Hawaii, in partnership with the Department of Land and Natural Resources, or DLNR, is mobilizing volunteers from the Army-Hawaii and environmental communities for a community clean up event at the park, 8:30 a.m.-1 p.m.

Volunteers are needed to pick-up trash and marine debris along the three-mile stretch of shoreline and provide support to mark the main and shoreline road alignments by emplacing rocks and small boulders along the paths.

"We all share responsibility for the care and maintenance of this special place," said Annelle Amaral, Native Hawaiian liaison, USAG-HI, who is spearheading the effort as one of the many USAG-HI Earth Day service



Kayla Overton | U.S. Army Garrison-Hawaii Public Affairs

Located on the northwest tip of Oahu, Kaena Point State Park is a popular location for recreational enthusiasts islandwide. Army volunteers are needed to emplace stones to help demarcate the main road alignments during a joint Earth Month event, April 28. Kaena Point is home to a variety of rare migratory birds and native plants, including 11 federally endangered species.

projects in April that focus on environmental stewardship and sustainability.

"This Earth Month service project is an opportunity for the Army to come together with our neighbors and 'malama the aina,' or care for our community and state lands," she said.

Located on the northwest tip of Oahu, Kaena Point is a popular location for recreational enthusiasts islandwide.

According to biologists, Kaena Point is one of the last intact dune ecosystems in the main Hawaiian islands and is home to a variety of rare migratory birds and native plants, including 11 federally endangered species.

DLNR's Division of Forestry and Wildlife says the park is also an ancient fishing and burial location sacred to many Native Hawaiians, providing a place where many generations of families come to fish and collect salt.

Unfortunately, years of irresponsible recreational activities, including off-roading, have contributed to the deterioration of Kaena Point, and threatened the natural and cultural resources at the park.

"Restoration of Kaena Point is going to take an all of us effort; it's a 'kakou thing,'" Amaral said. "This joint Earth Day event is a great way to give back."

Volunteers partner up to clean aina shores

Story and Photos by
JOSEPH BONFIGLIO
U.S. Army Corps of Engineers-Honolulu District Public Affairs

WAIKIKI — Volunteers from the U.S. Army Corps of Engineers, the Punahou High School Junior ROTC program and members of the Radford High School African-American Club joined forces during the Mauka to Makai Clean Water Expo, here, Saturday.

The groups worked in concert to cleanup the beach and berm area of USACE's Pacific Regional Visitor Center, or RVC, at Fort DeRussy, here, during the Earth Month event.

"We're excited to be out here," said Lt.



Students from the Punahou High School Junior ROTC program and Corps employees and family members join forces to cleanup the beach and berm area of the Corps' Pacific Regional Visitor Center at Fort DeRussy, as part of Earth Day/Earth Month 2012.

Col. Robert Takao, commander, Punahou High School JROTC. "We've had a good relationship with the RVC staff for a number of years both in terms of education and service."

In addition, to the Fort DeRussy clean up, the City and County of Honolulu's Department of Environmental Services sponsored other environmental events the same day, including an Earth Day Mauka to Makai Clean Water Expo at Waikiki Aquarium. Participants from many organizations pitched in to keep Honolulu green and clean.

The expo showcased the efforts of city, state and federal agencies to preserve and protect Hawaii's environment, with an emphasis on the islands' unique water resources.

Cindy Barger, USACE-Honolulu District, attended the expo and told participants about the Ala Wai Watershed project.

Barger said the Corps is teaming up with the city and county of Honolulu and the state of Hawaii to study various solutions for a comprehensive watershed approach.

The goal is to reduce the risk of flooding, restore the aquatic ecosystem and improve the water quality of the area.

Earth Day was established March 21, 1970, as an annual event to deepen reverence and care for life on the planet.



Honolulu District employee Jessica Wiggs cleans up the beach and berm area of the Corps' Pacific Regional Visitor Center at Fort DeRussy, as part of Earth Day/Earth Month 2012.



Schedule of events

Throughout the month of April, many organizations on Oahu, as well as within U.S. Army Garrison-Hawaii's Island Palm Communities and the Directorate of Public Works, are recognizing Earth Month with free family events.

●**April 20**, various times/locations, the Amazing Tree Race. Celebration of the national observance of Arbor Day tree planting will take place on four installations:

- 10 a.m. Fort Shafter;
- noon, Aliamanu Military Reservation;
- 2 p.m., Helemano Military Reservation;
- 4 p.m., Wheeler Army Airfield.

Tree-planting ceremonies are the first step in attaining Tree City USA recognition for each installation. Call 687-8313.

●**April 21**, 7:30 a.m.-noon, Mauka to Makai Bike Path Cleanup. Meet at Blaisdell Park in Honolulu to assist in the cleanup of the Bike Path that stretches from Pearl Harbor to Waipahu. Call 438-1600, ext. 3307.

●**April 22**, 8 a.m.-5 p.m., Kahanahaiki, Makua Military Reservation. Volunteer service trip to clean out invasive weeds for two hours along a moderately challenging trail. Hike will include a detour to view Makua Valley and leeward coast.

Volunteer application must have been received at Oahu Army Natural Resource Program two weeks prior to this event. Minimum age is 14. Call 656-7741.

●**April 24**, time/specific motor pool to be determined. Live demonstration of bio-based "green" products. Call 656-3103.

- April 25**, 10:30-11 a.m., Schofield Barracks. Tour Hale Kula Elementary School. Learn about the school's Sustainable Outdoor Classroom through student-led tours of the working garden, rainwater harvesting system and native plant gardens. Call 656-3086.
- April 25**, 2-3 p.m., 1st Lt. Brostrom Community Center, Fort Shafter. Storm drain marker emplacement. Soldier-supported activity to mark storm drains with the important pollution prevention messages. Call 656-3086.
- April 25**, 3 p.m.-4:30 p.m., Planet Earth movie night at the Aliamanu Military Reservation Community Center.
- April 28**, 10 a.m.-2 p.m., Fort Shafter Flats, Earth Day Festival.

Log on
For more details about these activities, visit:
●www.islandpalmcommunities.com/go/earthmonth.

Mid-year AFAP issues updated

HEATHER MILES
Army Community Service; Directorate of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Status updates on community issues raised at the fiscal year 2012 Hawaii Army Family Action Plan, or AFAP Conference, were presented to U.S. Army Garrison-Hawaii leadership, here, recently.

During the AFAP conference, held Oct. 18-20, 2011, two workgroups reviewed community issues ranging from security to community services. Each of the workgroups then selected its top issues and presented recommendations to senior leaders and subject matter experts.

Issue: No recreation center at Fort Shafter for single Soldiers.
Provide a multipurpose Family and Morale, Welfare and Recreation facility on Fort Shafter similar to Tropics.

Create an atmosphere where single Soldiers can socialize, dine and safely participate in recreational activities: video games, pool tables, TVs, computers, Internet, sports, music, movie nights, games and live entertainment.

Status: Active. FMWR and Better Opportunities for Single Soldiers are looking at less expensive options for recreation space on Fort Shafter. There also needs to be increased involvement from potential patrons to assess the full needs prior to funds being distributed to improve a venue that may not prove useful.

Issue: Create a viable teen establishment.
Use the Teen Board through the Teen Center to implement and create appealing, age-appropriate activities for military dependents, ages 13-18.

Develop a safe and healthy environment for teenagers to congregate and interact in an appropriate manner. Complete this action by extending the hours of operation on Saturday and during school breaks until 10 p.m.

Also, provide a multiple shuttle transportation system throughout each military installation to the closest teen center.

Status: Closed. The participation has been increasing; many teens have been enjoying the sports activities that are held on the weekends.

Issue: Provide better nutrition and equipment for Teen Center.
Provide a healthy, yet sustainable, snack that could be prepared by teens involved in the Cooking Club.

Create a separate menu for middle/high school teens that is suitable for their age group based on their input. And, authorize facilities to purchase adequate food preparation equipment to prepare snacks.

Status: Active. The snacks have improved, per teens. Some of the new items the youth truly enjoy are the chicken nuggets with carrot sticks and ranch, apple/cherry/mixed fruit crisps, fruit parfaits, blueberry scones with apple slices, cinnamon rolls and cheese quesadillas.

Issue: No coin-operated laundry on Schofield Barracks or Wheeler Army Airfield.
Provide an Exchange-managed, coin-operated laundry facility on Schofield Barracks or Wheeler Army Airfield. Also, supply an adequate amount of standard-sized and industrial-strength washers and dryers.

Status: Active. The Exchange has opened communication with the Directorate of Public Works to find a location and identify facility requirements needed for a coin-operated facility.

Issue: Provide security in off-post housing communities.
Designate privatized off-post housing communities as military installations and afford them the same level of security as on-post housing.

Install automated security access gates with video monitoring for all privatized off-post housing communities. Further, increase roving patrols and use as random access measures in off-post housing communities.

Status: Closed. Col. Douglas Mulbury, commander, USAG-HI, and the Directorate of Emergency Services, leveraged some resources to try and staff the gates at Aliamanu Military Reservation and Red Hill.

With staffing levels, DES is unable to meet the expectation of the community when it comes to the hours at the rear gate.

(Editor's Note: Miles oversees garrison's AFAP at FMWR's Army Community Service.)

2013 AFAP
In preparation for the upcoming conference, community members are encouraged to submit their issues at <http://himwr.com/getting-involved/army-family-action-plan/54-acs-section/getting-involved/515-afap-issue-sheet>. Issues that have been submitted and have been determined closed or unattainable can be re-entered into the local conference after two years.

AUTISM AWARENESS MONTH

Resources increase autism support

CAPT. TODD HEER
Nutrition Care Division,
Tripler Army Medical Center

HONOLULU — April is Autism Awareness month, a time for the public to gain knowledge about autism and the autism community.

Autism spectrum disorder is a range of complex neurodevelopment disorders, characterized by social impairments; communication difficulties; and restricted, repetitive and stereotyped patterns of behavior.

Signs and symptoms begin to show up early in a child’s life, from 1 to 3 years of age, but according to a 2006 issue of the “Journal of Developmental and Behavioral Pediatrics,” the average age of diagnosis is 5 years.

The number of reported cases of autism is currently on the rise. However, it is not clear whether this rise is due to better detection and reporting of autism, an actual increase in the number of cases or a combination of both.

According to the Centers for Disease Control, about one in 88 American children are diagnosed within the autism spectrum disorder. This number is a 78-percent increase compared to a decade ago. The report also stated that certain population groups have higher trends, and that boys (one in 54) are typically more affected than girls (one in 252).

Currently, no defined cause for autism nor a specific treatment for the disorder is available — one of the most devastating aspects of autism, which often leaves the parents of autistic children with a feeling of helplessness.

However, many support groups and thera-

pies — including occupational, speech, early intervention services and applied behavioral analysis, or ABA, intervention, with evidenced-based treatments — have been shown to increase the quality of life for the person affected by autism.

Tricare is leading the way for providing services to persons with autism through its Extended Care Health Option Autism Services Demonstration program, which provides a specified number of ABA therapy hours per week at a cost set by the service member’s pay grade.

Additionally, the Army partners with respite care providers to allow parents and caregivers of a person with autism time to recharge and take a break, something that these parents and caregivers often forget or are unable to do.

Another resource available to service members and Department of Defense civilians is the Exceptional Family Member Program, a mandatory enrollment program that works with other military and civilian agencies to provide a comprehensive, coordinated and multidisciplinary approach for medical, educational and community support services to families with special needs.

Walk Now for Autism
Honolulu’s Walk Now for Autism Speaks is 7 a.m., June 12, at Ala Moana Beach Park, to raise funds for autism research. Register at www.walknowforautismspeaks.org

diers are in CATEP treatment, they “are not vulnerable to suspension of favorable actions or subject to adverse personnel actions strictly because of their enrollment” in CATEP, part of the Army Substance Abuse Program, or ASAP.

CATEP treatment plans may last anywhere from a few weeks to a year, all with the aim to meet the challenges of military readiness while supporting Soldier and family well-being.

ASAP is open Monday-Friday to support Soldiers:

- 7:30 a.m.-4:30 p.m., Monday-Friday.
- 4:30-8 p.m., Monday-Thursday, for confidential treatment.

Call 433-8700 or 433-8708 for more information.

Confidential alcohol treatment program protects Soldier privacy

Soldiers who meet specific criteria can now self-refer themselves to the Confidential Alcohol Treatment and Education Program, or CATEP, without notifying their commanders.

Schofield Barracks is one of six test locations chosen for the pilot program because of its sufficient counseling and educational capacity to handle self-referrals and because of its high deployment rates.

According to the new policy, while Sol-



Courtesy photo

Recognizing early autism signals improves treatment strategies

SHARI LOPATIN
TriWest Healthcare Alliance

PHOENIX — Did you know a child as young as 1 year old can show signs of autism, according to Autism Speaks?

According to the organization’s website, if your child does have autism, early intervention may be his or her best hope.

If you’re planning to have a baby or are currently pregnant, getting to know the early warning signs of autism can be a huge advantage for you and your kids. In fact, research suggests if you already have one child with autism, your risk of having another autistic child increases by about 20 percent, said Daniel Openden, vice president and clinical services director, Southwest Autism Research and Resource Center, or SARRC.

The following is a list of early warning signs that should serve as “red flags” to get your child checked, from SARRC and Autism Speaks:

- No good eye contact with you; however, babies learn through engaging with others.
- No large smiles or other happy expressions by 6 months.
- No variety of sounds, like “ba,” “ma,” “da,” starting around 6 months.
- No interest in exploring the world around them.
- No back-and-forth sharing of sounds and facial expressions by 9 months.
- No babbling by 12 months.
- No single words by 16 months.
- No meaningful phrases, without imitating or repeating, by 24 months.

“Thus far, research presented by experts at several autism conferences suggests that, while we typically cannot reliably diagnose autism until children are about 2 years old, the earliest

signs of autism may begin to emerge between 6 and 12 months of age,” Openden said.

My baby shows red flags. What should I do?
Talk to your pediatrician immediately. Together, you will determine the best steps to get your child evaluated for an autism spectrum disorder as quickly as possible.

The Centers for Disease Control and Prevention say that early intervention methods can greatly improve a child’s development. Therefore, if you suspect anything, don’t wait. Have your child evaluated and, if necessary, begin early intervention right away.

Tricare covers applied behavior analysis, or ABA, therapy for eligible children under its Enhanced Access to the Autism Services Demonstration.

To get ABA services, children must have an active duty sponsor and be enrolled in Tricare’s Extended Care Health Option, or ECHO. Then, they must have an eligible diagnosis, be living in the U.S. and be 18 months or older.

The Autism Demonstration covers all therapies that fall under the umbrella of “Educational Interventions for Autism Spectrum Disorders,” which includes ABA. It also covers services from more providers than are available under the basic Tricare coverage.

Available providers must be Tricare-authorized for the treatments to be covered.

Extended Care Health Option
For more information on Tricare’s ECHO program, visit:

- <http://go.usa.gov/mn8>, or
- <http://www.tricare.mil/mybenefit/home/LifeEvents/SpecialNeeds/ECHO>.

8th STB gauges local elementary school’s fitness, nutrition

SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

AIEA — Ever since school started back up last August, Webling Elementary School, here, has set a goal for its students to eat better, get more exercise and generally live a healthier lifestyle.

In keeping with this goal, the school implemented the Presidential Fitness Test. Set for the end of the school year, with the help of Soldiers from the 8th Special Troops Battalion, 8th Theater Sustainment Command, the Presidential Fitness Test helps people of all ages increase their physical activity and improve their fitness.

“Today more than ever, students need help leading active, healthy lives,” said Spc. Quinton



Photos by **Spc. Tiffany Dusterhoft** | 8th TSC Public Affairs

Spc. Quinton Booker, command team driver, 8th STB, 8th TSC, counts the number of pushups a sixth-grade student from Webling Elementary School does during Webling’s Presidential Fitness Test, April 11.

“That’s where we come in. We’re on the front lines of fitness, working to teach our kids the fundamentals of healthy living.”

Spc. Quinton Booker
Command team driver,
8th STB

Booker, command team driver, 8th STB. “That’s where we come in. We’re on the front lines of fitness, working to teach our kids the fundamentals of healthy living.”

Booker was just one of many 8th STB Soldiers who have been coming out to the school, twice a week, and doing physical education with the students since August, said Sheryl Sakuma, parent community networking facilitator and a parent of two students who attend Webling Elementary School.

“They have been working towards this physical fitness challenge, trying to get the kids more in shape and have them exercise more,” Sakuma said. “The activities not only help them with their physical fitness, but it gets their brain-firing and improves their focus and their learning capacity.”

Teachers and administrators have set benchmarks for their students to measure their progress and success in every level of their school, but this school year, nutrition has really come to the forefront of the nation’s focus.

“Everything is going towards nutrition nowadays, because of the obesity problem in our schools,” Sakuma said. “Besides the physical fitness challenge, we held a Webling Wellness Week, where we emphasized good nutrition and staying away from drugs.”

Sherrylyn Yamada, principal, Webling Elementary School, said the push to battle childhood obesity began at the presidential level.

“First lady Michelle Obama is an advocate of fighting obesity in our schools,” Yamada said. “This year we want them to learn about nutrition



Spc. Quinton Booker, command team driver, 8th STB, 8th TSC, briefs the sixth-grade class of Webling Elementary School on events for the Presidential Fitness Test, April 11.

and exercise, and we want them to practice the 5-2-1-0.”

The Greater Rochester Health Foundation’s 5-2-1-0 initiative is an easy way to remember the steps kids need to take every day to be healthy:

- Eat five servings of fruits and vegetables;
- Spend no more than two hours watching TV, playing video games or surfing the net;
- Get at least one hour of active play; and
- Drink zero sugar-sweetened beverages.

“Having our military partners, the 8th STB, come out here to help has made things so much easier for us and a lot more fun, too, for the kids,” Yamada said. “Since their involvement, the children have improved in every section of the (Presidential Fitness Test).”

Sakuma agreed that having the military around has been a great thing for the kids.

“The kids love the military involvement,” Sakuma said. “They know a lot of the Soldiers by name. ... The military is part of our family here at Webling Elementary School, and always will be.”

FAST TRACKING



Courtesy of **Lisa Baker**

HONOLULU — Radford freshman Tessa Baker (pictured) captures three titles, Saturday, at Kaiser High School, here, during the 2012 Oahu Interscholastic Association (OIA) Junior Varsity Track and Field Championship Meet.

Baker was crowned Female Champion in the 800-, 1500- and 3000-meter runs.

She’s the daughter of 1st. Sgt. Mathew Baker, Headquarters and Headquarters Company, 307th Expeditionary Signal Battalion, 516th Signal Brigade, 311th Signal Command, U.S. Army-Pacific, and Lisa Baker, mother.